



NATIONAL CENTERS OF
EXCELLENCE
IN WOMEN'S HEALTH

**Complementary
and Alternative
Medicine**

May 2000

OFFICE ON WOMEN'S HEALTH
U.S. DEPARTMENT OF HEALTH
AND HUMAN SERVICES

The National Centers of Excellence (CoEs) in Women's Health were established in 1996 by the Office on Women's Health within the U.S. Department of Health and Human Services. The CoE designation was awarded competitively to leading academic health centers across the U.S. and Puerto Rico. These Centers are implementing a new model of women's health that unites the latest advances in women's health research, medical training, clinical care, public health education, community outreach, and the career advancement of women in the health sciences. Their purpose is to establish standards of excellence for a comprehensive, multi-disciplinary, and culturally competent approach to women's health. Their ultimate goal: to improve the health status of diverse women across the life span.

Complementary and alternative medicine covers a broad range of healing philosophies, approaches, and therapies. People use these approaches and therapies in a variety of ways. Therapies are used alone (often referred to as alternative), in combination with other alternative therapies, or in addition to conventional therapies (sometimes referred to as complementary). Some approaches are consistent with physiological principles of Western medicine, while others constitute healing systems with a different origin. While some therapies are far outside the realm of accepted Western medical theory and practice, others are becoming established in mainstream medicine. This pamphlet highlights the activities and programs at the CoEs that utilize complementary and alternative medicine.

Clinical Services

- ◆ University of California, San Francisco High Risk Breast Cancer Program. The University of California, San Francisco CoE and The Carol Franc Buck Breast Cancer Center are collaborating in developing a new clinical program for women at increased risk for breast cancer to provide them with the education and services they need in a single location. The Program will serve those women with perceived risk due to family history, previous diagnosis of atypical hyperplasia and/or lobular carcinoma in situ, early onset of menses (age 11 or younger), late (age 30 or older at first full term pregnancy) or no childbearing, age 55 or older at the onset of menopause, as well as those women who are at least five years out of a previous breast cancer diagnosis. The clinic will also serve those women with difficult exams due to fibrocystic breast tissue.

Women enrolled in the clinic will be provided with a number of *basic* services, as well as several *additional* services, either by their own request or by the recommendation of the physician. Included as an additional service is alternative consultation/ acupuncture. Contact Nancy Milliken, phone (415) 885-7273.

- ◆ University of California, San Francisco CoE Community Education: *Embracing Menopause: Traditional and Alternative Approaches* focuses on educating women about the physical changes that happen to a woman's body during menopause and the different treatments available. The emphasis of this program is to encourage women to use this time of life as an opportunity to focus on themselves, listen to their bodies, become aware of its needs, and establish a foundation for wellness in the second half of life. The integration of both alternative and traditional treatment approaches (in addition to lifestyle behaviors such as

fitness and nutrition) speaks to the interests of many women in the Bay Area who want to use complementary therapies and who want to be informed about the best scientific evidence known to date about them. Contact Nancy Milliken, phone (415) 885-7273.

- ◆ At MCP Hahnemann School of Medicine, both clinical sites refer to a network of practitioners in complementary and alternative therapies. They include chiropractors, herbalists and acupuncturists. In the near future the Centers for Women's Health at MCP expect to have acupuncture available on site. Dr. Nancy Post, Ph.D., an acupuncturist and herbalist, anticipates joining the Center in April 2000. Contact: Glenda Donoghue, phone (215) 842-7041
- ◆ University of Pennsylvania CoE, Penn Health for Women, Radnor
 - Hatha Yoga Program
 - Midwifery
 - Stress Management ProgramContact: JoAnn Binko, phone (215) 573-3569
- ◆ Wake Forest University CoE Midlife Women's Health Program – Menopause Clinic: Risk assessment; discussion of treatment options (HRT vs. alternative); management of symptoms, bleed, complications. Dr. Catherine Rolih, Clinical Program Director, oversees this program. Contact: Shellie Ellis, phone: (336) 713-4221.
- ◆ The Yale University CoE Clinical Care Model provides longitudinal, ongoing care, and the diverse expertise of practitioners allows the CoE multidisciplinary group practice to provide an array of enhanced services to women in alternative therapies. Contact: Janet Henrich, phone (203) 688-5180.

Research

- ◆ Study conducted at the Iris Cantor-UCLA Women's Health Center, the University of California at Los Angeles CoE Clinical Care Center, 1997-1999
 - Comprehensive Menopausal Assessment in Breast Cancer Survivors (CMA): Perimenopausal and postmenopausal women who survive breast cancer are often told that “nothing can be done” about their menopausal symptoms, because hormone replacement therapy has been felt inadvisable. CMA was a randomized, controlled trial of alternatives to hormone replacement in symptomatic breast cancer survivors. Dr. Gail Greendale, Phone (310) 825-8253, was co-PI on this study, funded by the Department of Defense.
- ◆ University of California, San Francisco CoE Studies and Clinical Trials Related to Women
 - Study of the Effect of Chinese Herbal Therapy on Chemotherapy Side Effects in Breast Cancer Patients. A study to assess the feasibility of using Chinese Herbal Therapy to alleviate the side effects of chemotherapy. Contact: Ericka Leeman phone: (415) 885-7328.
- ◆ University of California, San Francisco Funded Research 1997-1999: Women's Cancer
 - *A Pilot Outcome Study of Alternative Therapies for Breast Cancer*; Lee, Marion M. Epidemiology & Biostatistics, Northern California Cancer Center. Contact Nancy Milliken, phone (415) 885-7273.
- ◆ University of California, San Francisco “Woman's Health 1997: Resolution for the New Year”

- This community forum brought together 200 Bay Area Women, health care providers, and advocates to provide women a voice in creating a national research agenda that is relevant to women's lives and their priorities. Panel presenters highlighted some of the new and exciting women's health research being conducted at University of California, San Francisco, and advocates and service providers offered brief descriptions of how their organizations and groups have been treated in women's health research. Breakout sessions were held to help define priorities for a women's health research agenda: (1) Girls & Teens, (2) Sexuality, (3) Life Threatening Illnesses, and (4) Mid-Life & Aging. Research questions developed within each group were compiled into a full report ("Woman's Health 1997: Resolution for the New Year," January 9, 1997). One of the four consistent themes that emerged across the four groups was alternative medicine and non-western approaches to health must be included in women's health research. Contact Nancy Milliken, phone (415) 885-7273.
- ◆ University of California, San Francisco CoE Understanding Alternative Medicine: Implications for Clinical Practice, Ellen Hughes, M.D. Contact Nancy Milliken, phone (415) 885-7273.
- ◆ University of Illinois at Chicago Dietary Supplements Effectiveness Study. The UIC College of Pharmacy has received a \$7.9 million grant from the NIH to create one of the nation's first centers to research dietary supplements. Working closely with the UIC CoE, the Center for Dietary Supplements Research on Botanicals will focus on women's health, with an emphasis on education and outreach. The multidisciplinary UIC research team includes experts from pharmacognosy, medicinal chemistry, pharmacy practice, obstetrics and gynecology, geriatrics, surgical

oncology, and mathematics and statistics.

Researchers will begin by studying 10 herbal supplements that are widely used by women in this country to treat conditions including menopausal symptoms, premenstrual syndrome, and urinary tract problems. The College of Pharmacy will offer graduate students the opportunity to specialize in botanical supplements and post-doctoral professionals to receive training in this field. A long-term goal for the UIC Center for Dietary Supplements Research on Botanicals is the translation of research about botanical dietary supplements for women into the clinical care arena. Thus, phase I and phase II clinical trials are planned. The clinical project is entitled "Clinical Evaluation of Botanical Dietary Supplements." Other projects in the Center include: (1) Standardization of Botanical Dietary Supplements, (2) Estrogenic Agents: In Vitro and In Vivo Evaluation; and (3) In Vitro Studies of Metabolism, Absorption, and Toxicity. Contact: Alice Dan, phone (312) 413-1924.

- ◆ A study is being conducted by a Magee-Women's Hospital alternative researcher sponsored by the National Institute on Aging investigating the effect that soy supplementation has on the endometrium of postmenopausal women. It is a randomized, placebo-controlled, double-blind study, and it is ongoing. Contact Gayla VandenBosche, phone (412) 641-6664.
- ◆ Magee-Women's Hospital is also conducting aromatherapy research during labor. Findings are not yet significant. Contact Gayla VandenBosche, phone (412) 641-6664.
- ◆ The University of Michigan Complementary and Alternative Medicine Research Center (CAMRC) – The University of Michigan CARMC is one of nine national CAM research centers primarily funded by the National Institutes of Health through

the National Center for Complementary and Alternative Medicine and the National Heart, Lung and Blood Institute. This Center is comprised of a multidisciplinary group of physicians, allied health professionals, alternative medicine practitioners, researchers and educators who are dedicated to understanding all aspects of the use of complementary and alternative medicine.

Research is focused on CAM modalities that may be useful in promoting cardiovascular health and treating cardiovascular disease. Recruitment for three clinical trials will assess Reiki, Qigong, and the herb Hawthorn. The CoE is assisting the CAMRC in identifying women interested in being subjects for these trials. Contact Sara Warber, email [swarber@umich.edu].

- ◆ The Ethel F. Donaghue Foundation is the major research component of the Yale University CoE. It fosters high quality, innovative, research studies with practical value for consumers, clinicians and other researchers. It invites collaboration from independent investigators and other researchers. Preference is given to research applications that examine the influence of social factors on women's health, including research on the health care needs of disadvantaged women and minority women. In 1999, light therapy for depression in pregnancy was one of the studies awarded related to women's health. Contact: Janet Henrich, phone (203) 688-5180.
- ◆ Wake Forest Researchers Study Effects of Ginkgo on Memory Loss. Wake Forest University School of Medicine researchers, who are affiliated with the Wake Forest CoE, are studying the effectiveness of ginkgo biloba in preventing dementia in older adults. This multicenter study is funded by the National Center for Complementary and Alternative Medicine (NCCAM) in

collaboration with the National Institute on Aging (NIA), two components of the National Institutes of Health (NIH).

Wake Forest is studying ginkgo biloba along with three other clinical centers including the University of Pittsburgh School of Medicine; Johns Hopkins School of Medicine, department of radiology; and the University of California, Davis. The University of Pittsburgh is coordinating this 6-year effort, and the University of Washington in Seattle is coordinating the data collection and analysis of the four study sites.

“These centers will test the efficacy, safety, and tolerability of an extract of ginkgo biloba in preventing dementia in aging individuals. Our goal is to advance scientific knowledge about this substance’s effectiveness in preventing dementia and improving quality of life,” said William R. Harlan, M.D., then acting director of NCCAM.

The 6-year study will enroll a total of 2,000 participants, who will be randomly assigned to one of two groups. Study participants will either receive 240 mg. of ginkgo biloba or be given a placebo. The majority of study participants will be recruited from current Cardiovascular Health Study (CHS) participants, an ongoing observational study of cardiovascular disease in adults over the age of 65. The CHS participants are being recruited for the ginkgo trial because they have been tested for cognitive function and memory loss since the study began in 1989. The CoE is facilitating the recruitment of women for the trial.

The primary outcome of this study will be the onset of any type of dementia. The secondary outcome will be measured by changes in cognitive function. Research results will be disseminated through the CoE. Contact: Shellie Ellis, phone

(336) 713-4221.

Professional Education

- ◆ University of California at Los Angeles Continuing Medical Education - Controversies in Women's Health, June 18 and 19, 1998. This course was held at the Sheraton Universal Hotel, Burbank, California. There were approximately 60 participants, including family and general practitioners, internists, obstetrician-gynecologists, and nurse practitioners. Alternative Medicine and Women was one of the topics addressed. Contact: Julie Eisenberg, phone (310) 794-9039.
- ◆ The University of Michigan CAM Research Center initiated a monthly lecture series to expose members of the medical community to various CAM modalities.

Recent topics: naturopathy, therapeutic touch, end of life transition from a spiritual healer's point of view, herbs and yoga. Along with other UMHS departments, the CoE sponsored the first CME conference on CAM in the fall of 1998, and is in the process of planning the third conference for 2000.

Currently the CAMRC is planning an integrated curriculum in CAM for medical students, residents and fellows. The curriculum will give a broad overview of the evidence pertaining to popular CAM modalities. It will also include experimental and clinical learning opportunities. Future goals include development of curricula that will meet the needs of all the health professions schools at the UM. The CoE will work closely with the CAMRC in designing this curriculum. Contact Sara Warber, email [swarber@umich.edu].

- ◆ Continuing Medical Education. The University of Michigan

CoE sponsored the following programs during 98/99:

- “7th Annual Primary Health Care of Women” Conference, December 3-4, 1999. This course was designed to cover the spectrum of women’s health and to broaden the primary care provider’s approach to management and treatment decisions. It is designed for health care professionals providing care of women, including family physicians, obstetricians and gynecologists, physicians in general practice, internists, nurse clinicians and physician assistants. The course is divided into plenary and small group workshop sessions, allowing ample opportunity for discussion among participants. Alternative medicine was one of the topics addressed.
- “Clinical Challenges of the 21st Century: The Annual Postgraduate Course in Innovative Medicine for Obstetrics and Gynecology.” This conference was held on March 25-27, 1999, and focused on innovative areas in preventive and alternative women’s health. Two of the topic areas included non-hormonal alternative to hormone replacement therapy and alternative medicine use in allopathic medicine. Contact Sara Warber, email [swarber@umich.edu].
- ♦ University of Michigan CoE Undergraduate Education – Women’s Studies 220: Introduction to Women’s Health. This course examines women’s health issues, across the lifespan, from feminist and socio-cultural perspectives. It explores the social construction of women’s sexuality, reproductive options, health care alternatives, and risks for physical and mental illness. Attention is paid to historical, economic, and cultural factors, which influence the physical and psychological well-being of women. Contact Sara Warber, email [swarber@umich.edu].

- ◆ The Ohio State University CoE and the Ohio State University Medical Center, Center for Continuing Medical Education co-sponsored a conference entitled “*Endocrinology of Women’s Health*,” December 10-11, 1999, at the Hyatt on Capitol Square, 75 E State St, Columbus, Ohio. Dr. David Frid, Ohio State University CoE Center Director and Dr. Rebecca Jackson, Ohio State University CoE Research Co-Director, were presenters.

Many diseases and conditions manifest themselves differently in women than in men. Findings from gender-based biology explain many of the known gender differences in disease epidemiology and health outcome. Experts from these interdisciplinary fields presented current diagnostic methods for prevention and management of disease in women. Interactive discussions and case studies, using an audience response system, enhanced the educational value of the information presented in this course. Specific endocrine issues were discussed: lipids, thyroid disorders, diabetes, androgens, menopause, and a special focus on osteoporosis. Contact: Tracy Zitzelberger, phone (614) 293-6937.

- ◆ University of Pennsylvania CoE FOCUS on the Health of Women Lunchtime Seminars
 - Spirituality in Medicine
 - Herbal Approaches and Alternatives in Managing MenopauseContact: JoAnn Binko, phone (215) 573-3569
- ◆ University of Pennsylvania CoE Family Practice and Community Medicine Conference Series
 - Hormonally Active Complementary/Alternative Medicine AgentsContact: JoAnn Binko, phone (215) 573-3569

Outreach and Consumer Education

- ◆ University of California at Los Angeles CoE - Local and national media on women's health topic – Dr. Sondra Vazirani, National Model Center Faculty, *Lifetime Television* segment on alternative medicine. Contact: Julie Eisenberg, phone (310) 794-9039.

University of California, San Francisco CoE worked with the PHS Region IX office by participating in a Brown Bag Lunch discussion, "Alternative Medicine 101, on how to combine the best of conventional and alternative treatment to health and balance in your life. The event was sponsored by the PHS OWH Region IX Office. Contact Nancy Milliken, phone (415) 885-7273.

University of California, San Francisco CoE (Sadjia Greenwood, MD, and Steve Cummings, MD), conducted a television interview (KGO-TV) on alternatives to estrogen, November 1, 1998. Contact Nancy Milliken, phone (415) 885-7273.

University of California, San Francisco CoE Brown Bags of Interest to Women's Health featured a discussion titled "The Truth About Herbs and Dietary Supplements," Candy Tsourounis, Pharm.D., and Cathi Dennehy, Pharm.D., 8/12/98. Contact Nancy Milliken, phone (415) 885-7273.

University of California, San Francisco CoE Brown Bags of Interest to Women's Health featured a discussion titled "Healing Through Dance for Cancer Survivors," Anne Krantz, LCSW, 8/24/98. Contact Nancy Milliken, phone (415) 885-7273.

- ◆ University of California, San Francisco CoE Stanford Hospital and Clinics, Complementary Medical Clinic
 - Offers therapies for coping with pain, anxiety, and stress associated with medical illness and treatment.

- Features programs on acupuncture, biofeedback, hypnosis, therapeutic massage, chronic or serious illness support, yoga, herbal consultation and medication. (Call 650-498-5566 for information). Contact Nancy Milliken, phone (415) 885-7273.
- ♦ Harvard University CoE Consumer Training – On November 4, 1999, providers discussed “Alternative and Complementary Medicine and Women’s Health,” at Massachusetts General Hospital. Over 200 health care consumers attended. Contact: Julie Rabinovitz, (617) 732-8798.
- ♦ University of Illinois at Chicago CoE Health Dates:
 - Menopause, Hormone Replacement Therapy and the Alternatives

Confused about the decision to take hormone replacement therapy? There are new treatment, therapies, and alternatives available. Learn about the option. UIC Outpatient Care Center, Nutrition and Wellness Center, February 22, 2000. (Reference Health Dates Brochure)

- Herbs, Vitamins, Nutraceuticals, and more...

A focused discussion on the latest updates on alternative/herbal medicine. Advice offered, risks discussed, and pointed out benefits of certain alternative/herbal therapies. UIC Outpatient Care Center, Nutrition and Wellness Center, March 29, 2000. Contact: Alice Dan, phone (312) 413-1924.
- ♦ University of Michigan — Description of co-sponsored health education in CAM for women:
 - Maida Taylor

— upcoming series

Contact Sara Warber, email [swarber@umich.edu].

- ◆ Ohio State University CoE Draft Patient Education Handout
“Alternative Products and Herbal Remedies,” Contact: Sandy Cornett, Ph.D., (614) 293-3679.
- ◆ Ohio State University CoE Brown Bag Series, August 1999,
Alternative Medicine and Herbal Preparations for Women.
Contact: Kristen Casper, RPh, Department of Psychiatry, (614) 293-3679.
- ◆ University of Pennsylvania CoE Current Women’s Health
Newsletter has a Alternative/Complementary Medicine (CAM)
section posted every other week. Past squibs included:
 - Echinacea, October 1999
 - Ginkgo Biloba, October 1999
 - St John’s Wort, November 1999
 - Kava, November 1999
 - Ma Huang, December 1999
 - Ginseng, January 2000
 - Garlic, February 2000
 - Feverfew, March 2000
 - Ginger, March 2000Contact: Laura Conrad-Meisel, M.D., phone 215-573-3569.
- ◆ University of Pennsylvania CoE Educational File Folder Topics
and Contents included “The Alternative Therapies at Menopause
Folder.” Contact: JoAnn Binko, phone (215) 573-3569.
- ◆ University of Pennsylvania CoE coordinated the following CAM
articles:
 - St. John’s Wort Much Less Potent Than Advertised, September 2, 1998

- Snake Venom Slowing Down Breast Cancer, September 2, 1998
- Made Time for Tea-Time, September 16, 1998
- Garlic: Circulation and Cholesterol, September 30, 1998
- Natural Decongestants...Hot Peppers, October 20, 1998
- Massage and Immunity, November 5, 1998
- Pumpkin Uses, November 5, 1998
- Alternative Medicine is Embracing the Nation, November 11, 1998
- Marshmallows, November 18, 1998
- Whole and Refined Grains...Defined, January 6, 1999
- The Top 5 Healing Foods, February 10, 1999
- T'ai Chi is Beneficial for High Blood Pressure, March 3, 1999
- Harmony and Hypertension, March 17, 1999
- Breast Cancer and Alternatives, June 3, 1999
- Drug-free Alternative to Quit Smoking...Exercise, June 16, 1999
- Exercise and Gallbladder Disease, September 9, 1999
- B-Vitamins and Stroke, September 9, 1999
- Pre-eclampsia and Vitamins E and C, September 9, 1999
- It's "Soy" Good For You!, October 8, 1999
- Protecting Your Arteries With Tea, October 14, 1999
- Taking Herbs Before Surgery, October 21, 1999
- Chamomile: A Natural Remedy for Insomnia, November 11, 1999, Nutrition Section
- FDA Sends Warning About Triax metabolic Accelerator, November 18, 1999
- Caffeine and Miscarriage, November 23, 1999
- Vitamins Could Interfere With Chemotherapy, December 17, 1999
- Fruits, Vegetable, and Bone Health, January 6, 2000
- Soy...What is it?, January 6, 2000, Nutrition Section

- Decreasing Copper, Decreasing Tumors, January 28, 2000
 - Spotlight on Vitamin A, January 28, 2000, Nutrition Section
 - Low-fat Vegetarian Diet to Alleviate PMS, February 10, 2000
 - A Sunny Outlook Could Help You Live Longer, February 10, 2000
 - More Americans Are Taking Vitamins, March 15, 2000
 - Vitamin A Metabolism and Breast cancer, March 22, 2000
 - Ostrich Anyone?, March 22, 2000, Nutrition Section
 - Update on Vitamin C, March 30, 2000, Nutrition Section
- Contact: JoAnn Binko, phone (215) 573-3569

- ◆ University of Pennsylvania CoE Headlines in Women's Healthcare, Barnes & Noble
 - *Can Stress Make You Sick?* (relaxation techniques)
 - Your Mind, Body and Spirit: Restoring Balance at Midlife

Contact: JoAnn Binko, phone (215) 573-3569
- ◆ University of Pennsylvania CoE Cooking and Nutrition Class, Penn Health for Women
 - *Soy for the Soul: How to Add soy to Your Diet and Enjoy it Too!*
 - It's Soy Good!
 - Meatless Trends
 - Your Garden is a Resource for Health and Antioxidants
 - Beans: The Nineties Protein Alternative

Contact: JoAnn Binko, phone (215) 573-3569
- ◆ University of Pennsylvania CoE Penn Health for Women Newsletter
 - *Red or White or Water: Is Any Glass of Wine Really Good for You?*, Spring 1997
 - *Using Herbs To Ease Into Menopause*, Summer 1997
 - *Soy Studies Look Promising*, Summer 1997
 - *Soy the Low-Fat Protein*, Spring 1998

Contact: JoAnn Binko, phone (215) 573-3569

- ◆ Wake Forest University CoE Event – March 19, 1999, “The Therapeutic Use of Herbal Medicine,” co-sponsored with their medical school’s Integrative Medicine Group. Contact: Shellie Ellis, phone (336) 713-4221.
- ◆ Wake Forest University CoE Event – February 1, 1999, “The Soy Estrogens Alternative Trial. This event was part of the CoE’s Women’s Health Research Seminar Series. Contact: Shellie Ellis, phone (336) 713-4221.
- ◆ Wake Forest University CoE Menopause Discussion Group, Thursdays, March 23-May 11, 2000, 6-7:30 p.m. The Menopause Discussion Group Series is designed for peri- and post-menopausal women who want to talk about their menopausal experiences with other women. This eight-week series provides a forum for women to share their experiences with each other and to explore other aspects of menopause. Each class will have a short presentation or demonstration. The remaining hour will be devoted to sharing experiences of menopause and how it affects each participant’s life. The May 11 group will focus on “*Alternatives to HRT*.” Lynn Parsons, M.D. (Obstetrics and Gynecology) will discuss the use of complementary and alternative medicine during menopause. Participants will discuss their experiences with alternative therapies. Contact: Shellie Ellis, phone (336) 713-4221.

University of Wisconsin-Madison offers an elective in Complementary and Alternative Medicine (CAM) for medical students. Guest speakers from the healing arts in the community include practitioners of Reiki, yoga, T’ai chi and herbal medicine. The course is facilitated by an academic staff and physician. Contact: Stephanie Lent, phone (608) 267-5568.

University of Wisconsin-Madison School of Nursing has integrated CAM into its women's health nurse practitioner program. Dr. Diane Lauver's PhD RN CS FAAN is a COE member and leader of this program. With Dr. Lauver's leadership, there are lectures and experiential exercises regarding such interventions as breathwork, progressive muscle relaxation for all NP students. In case study presentations, NP students are expected to include what complementary modalities may offer including diet and herbs for breast or premenstrual symptoms. Contact: Stephanie Lent, phone (608) 267-5568.

- ◆ At the Women's Health Center at the University of Wisconsin Hospitals and Clinics, Dr. Diane Lauver PhD RN CS FAAN offers a Wellbeing program for clients. It is a 6 week session focused on mindbody interactions and exercises for promoting health and dealing with stress. Also, Ms Tricia Smith's offers a 6 week series on Menopause in which many non-pharmacologic interventions for peri-menopausal symptoms are addressed. Contact: Stephanie Lent, phone (608) 267-5568.

Programs

- ◆ Indiana University CoE clinical activity: the Complementary and Alternative Medical Clinic, which includes massage therapy and other relaxation techniques, offered by students from a local massage therapy school. Free 15/30-minute massages have been given to employees as an introduction to the program. In addition, employees were invited to a 6-class series on learning self-massage as a stress reduction method. A new series, Therapeutic Touch, an introductory course for health providers, begins fall, 2000. The CoE is investigating the possibility of reimbursement by insurance. One of our nurses is becoming certified in Aromatherapy. Contact: Rose Fife, phone (317) 274-2754.

At Meriter Hospital, a partner in the University of Wisconsin-Madison COE, a new center for Complementary Medicine opened this year. They have hired a wonderful female physician and acupuncturist to lead their efforts in offering CAM to clients. They have developed a program in Guided Imagery as well. Contact: Stephanie Lent, phone (608) 267-5568.

Conferences/Meetings

- ◆ Women's Health Expo – The Boston University CoE, in collaboration with the Community Relations Office of Boston Medical Center, organized a booth and activities for the New England Women's Health Expo held in October 1998. The booth, which prominently featured the Center of Excellence, provided many health related demonstrations (i.e., computerized health assessment, bone density screening, healthy cooking demonstrations, biofeedback presentation/demonstrations, breast health presentations/demonstrations, etc.) including Acupuncture/Acupressure Presentations/Demonstrations. Contact: Karen Freund, phone (617) 638-8035.
- ◆ University of California at Los Angeles National CoE in Women's Health Clinical Case Conferences: 1998-1990
 - Alternative Medicine in Women
 - Laser Hair Removal and Other Hair Removal AlternativesContact: Julie Eisenberg, phone (310) 794-9039.
- ◆ University of California at Los Angeles National CoE On-site Research Conferences 1997-1999
 - Alternative Medicine and Women - Topic Which Included Discussion of Research Results: UCLA National CoE Yearly CME Conference: Controversies in Women's Health 1998-1999, and CoE Sponsored Caring for Older Persons: A Practical

Approach 1998. Contact: Julie Eisenberg, phone (310) 794-9039.

University of California, San Francisco CoE 2nd Annual Optimizing Pharmacotherapy for Perimenopausal and Postmenopausal Women, September 18, 1999, University of California, San Francisco focused on the pros and cons of drug therapy for menopause, and other related issues that involve drug interventions for menopause. Session topics included hormonal replacement therapy and alternatives. Contact: Nancy Milliken, phone (415) 885-7273.

University of California, San Francisco CoE CME Obstetrics and Gynecology Update: What Does the Evidence Tell Us?, November 3-9, 1999, Crowne Plaza Union Square, San Francisco, CA. This program was designed for practicing physicians and residents seeking an update on a wide range of current issues in obstetrics and gynecology. Discussions included new developments in obstetrics, genetic testing, gynecologic oncology, reproductive endocrinology and infertility, incontinence, menopause, contraction and gynecologic surgery. Session topic included alternatives to ERT. Contact: Nancy Milliken, phone (415) 885-7273.

- ◆ University of California, San Francisco CoE Controversies in Women's Health, December 2-3, 1999, San Francisco, CA. This course was designed for family physicians, internists, gynecologists, nurses, pharmacists and all others involved in providing quality health care for women, providing a practical update on a full range of common but controversial issues in women's health. Emphasis was placed on new developments in preventive care and cardiovascular risk factors in women, issues in reproductive health, and clinical strategies in the diagnosis and

treatment of common gynecologic and medical disorders. Special emphasis was placed on social and psychological aspects of women's health, alternative medicine, and health issues through the life cycle. Contact: Nancy Milliken, phone (415) 885-7273.

- ◆ University of Illinois at Chicago CoE held a meeting on January 24, 2000, with TASC, Treatment Alternatives for Safer Communities. Contact: Alice Dan, phone (312)413-1924.
- ◆ University of Pennsylvania CoE Semiannual Women's Health Conference, April, 1998, "Designer Aging: Designing a Future that Is Strong, Satisfying and Healthy." Contact JoAnn Binko, phone (215) 573-3569
- ◆ University of Pennsylvania CoE Semiannual Women's Health Conference, November, 1998, "Alternative and Complementary Therapies." Contact JoAnn Binko, phone (215) 573-3569
- ◆ University of Pennsylvania CoE Family Practice Conference Series 1998-99, included the topic "The Use of Herbs." Contact: JoAnn Binko, phone (215) 573-3569.
- ◆ University of Pennsylvania CoE Semiannual Women's Health Conference, November 1998, "Herbal Alternative-Hope Amidst the Hype." Contact: JoAnn Binko, phone (215) 573-3569
- ◆ Dr. Josefina Romaguera, University of Puerto Rico CoE, offered a conference on New Alternatives for Dysmenorrhea Treatment, to Students, Residents and Faculty Grand Rounds at the University Hospital Amphitheater on December 10, 1999. Contact: Delia Camacho, (787) 753-0090.
- ◆ Wake Forest University CoE's 5th Annual Graylyn Conference on Women's Health: Women's Cognitive Health: The Role of Estrogen and Other Factors in Dementia. Included sessions

under topic heading *Treatments for Dementia*, “Alternatives to Estrogens: Phytoestrogens and SERMS,” Thomas Clarkson, DVM, Comparative Medicine Clinical Research Center, Wake Forest University School of Medicine; and Electrophysiology, New York University Medical Center. Contact: Shellie Ellis, phone (336) 777-4221.

Articles

- ◆ One of the University of Wisconsin-Madison COE members, Dr. Betty Chewning has published two articles reviewing the literature on T'ai chi with the founder of the Madison T'ai chi Center. They are: B. Chewning, Yu, T., Johnson, J. “T'ai Chi: Ancient Exercise For Contemporary Life” *Health & Fitness Journal*;4 (2), 2000: 21-26. B. Chewning, Yu, T., Johnson, J. “T'ai Chi: Effects On Health” *Health & Fitness Journal*;4 (3), 2000: in press. Contact: Tracy Zitzelberger, phone (614) 293-6937.

Other

- ◆ University of Pennsylvania CoE - Michelle Battistini, M.D., Director of Penn Health for Women, is on the University of Pennsylvania Task Force for Alternative and Complementary Medicine. Contact: Michelle Battistini, M.D, phone (215) 662-8401.

**NATIONAL CENTERS OF EXCELLENCE IN WOMEN'S HEALTH
MAY 2000**

Boston University Medical Center, Phone: 617-638-8035,
Internet: www.bmc.org/coewh/

University of California, Los Angeles, Phone: 800-825-2631,
Internet: www.med.ucla.edu/womens/

University of California, San Francisco, Phone: 415-885-7273,
Internet: www.itsa.ucsf.edu/~ucsfcoe/

Harvard University, Phone: 617-732-8798,
Internet: www.hmcnet.harvard.edu/coe/

University of Illinois at Chicago,
Phone: 312-413-1924, Internet:
www.uic.edu/orgs/womenshealth/index.html

Indiana University School of Medicine, Phone: 317-274-2754,
Internet: www.iupui.edu/~womenhlt/

Magee -Womens Hospital, Phone: 412-641-6003,
Internet: www.magee.edu/cewh2.htm

MCP Hahnemann University,
Phone: 215-842-7041, Internet:
<http://www/mcphu.edu/institutes/iwh>

University of Michigan, Phone: 734-763-0984,
Internet: [www.med.umich.edu/whrc/](http://www.med.umich.edu/whrc/ctr.excel.html)
[ctr.excel.html](http://www.med.umich.edu/whrc/ctr.excel.html)

Ohio State University, Phone: 614-293-6937,
Internet: www.osumedcenter.edu/women/

University of Pennsylvania, Phone: 215-898-0147,
Internet: www.obgyn.upenn.edu/cewh/

University of Puerto Rico, Phone: 787-753-0090,

Internet: www.rcm.upr.edu/2klwhc

Tulane University and Xavier University of Louisiana,

Phone: 504-585-6156, Internet: www.tulane.edu/~tuxcoe/

Wake Forest University, Phone: 336-713-4220,

Internet: www.wfubmc.edu/women/

University of Washington, Seattle,

Phone: 206-598-8986, Internet:

www.depts.washington.edu/~uw98coe/

University of Wisconsin, Madison, Phone: 608-267-5566,

Internet: www.womenshealth.wisc.edu/

Yale University, Phone: 203-737-5820, Internet:

<http://info.med.yale.edu/womenshealth/>

**OFFICE ON WOMEN'S HEALTH,
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES**

NATIONAL CENTERS OF EXCELLENCE IN WOMEN'S HEALTH

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